

Friday 28th February 2025

Dear Sharon

<https://www.youtube.com/watch?v=PobrSpMwKk4>

This music video has really resonated with me ever since I was a young teenager and first heard it. The first verse has always really hit home for the last 10 years as I have been stuck in the poverty trap and living in really run down places: *Broken glass everywhere, People pissin' on the stairs, you know they just don't care, I can't take the smell, can't take the noise, Got no money to move out, I guess I got no choice.* That has totally been my situation for a long time now, I've been living in really run down and grim places, and the neighbourhood I am in in Swansea is probably the worst, some day I will tell you about it. It's really hard, people have no idea, but songs like this really help to give me perspective on my life. The chorus *Don't push me cos I'm close to the edge* also really resonates, because that is how it is on the streets, you really live on the edge and if you survive then you have this toughness about you that you can't get anywhere else and it means no-one messes with you, absolutely no-one, and it is that that I utilise to deal with thugs like your abuser. I always loved the early rap music from the 80s when I was a teenager, before it became popular. Back then it was almost exclusively based in New York and was known as Hip Hop because it is a whole counter cultural scene that included breakdancing and graffiti, it was super cool (I used to break dance and do graffiti, I was really, really into graffiti and did it all the time. Got arrested about a dozen times by the time I hit 14 years of age for all the graffiti I did and all the shoplifting to get the expensive fat pens and spray cans). There was also a lot of songs like this one that had really meaningful and political messaging, artists like *Public Enemy* or *KRS1* who were really political and where I first got interested in radical politics. I got into it by copying down their lyrics as I heard them on the pirate radio stations in my prison cell in London in the 80s, and then studying the lyrics, and that was how I first studied radical politics and started to understand something of the situation I was growing up in and why I was being targeted. So my activism was always real, and I always assumed it was the same for others, but slowly it dawned on me not everyone was like me,

their activism was not rooted like mine in a genuine lifelong struggle of resistance, but was more to do with image and looking cool.

I thought I would share this image with you. It is from a Star Wars graphic novel that I got from the library last year. I tend to read loads of Star Wars novels, graphic novels, watch the films etc, as I find it really motivating and inspirational and it really helps to keep me focused and prevents my standards from slipping. There's a line in the above music video: *It's like a jungle sometimes it makes me wonder how I keep from going under.* Star Wars really helps to keep me from 'going under'.

I grew up without role models. Literally, there was no one growing up that I looked up to, the people around me were bad people and hated us and targeted us because we were immigrants and mixed race, and my parents broke down under the weight of this intense daily oppression and so they also became bad people, and then I was taken into secure state care for 5 years as a teenager so there was a definite paucity of role models there too.



But I never looked up to any of these people. There is another line from the above music video that goes:

*You'll admire all the number-book takers
Thugs, pimps and pushers and the big money-makers
Drivin' big cars, spendin' twenties and tens
And you'll wanna grow up to be just like them, huh*

The verse that this line is taken from still sends shivers down my spine, it really resonates with me and my life (starts at 3mins 40secs in the video above link). This particular line from that verse really drives home what it is like growing up without any role models or people to look up to or respect, and how you can end up looking up to the bad guys because they are the ones with all the money, women respect etc. Growing up and all through my life I have always taken my role models from the movies, characters like Bruce Banner in the 1970/80s *The Incredible Hulk* TV series, Luke Skywalker or Han Solo in *Star Wars*, Tom Cruise in *Top Gun*, the *Mission Impossible* films or the *Jack Reacher* films, Sylvester Stallone in the *Rocky* films, the character David Hasslehof plays in *Night Rider*, many of the characters Arnold Schwarzenegger plays, like *Conan* or *Running Man*, Matt Damon in the Bourne series of films, and so on. They are really powerful forces in my psyche and I have always sought to emulate them and they have always been my benchmark for how I judge myself and my conduct. I really judge myself against them, and would be deeply ashamed of myself if I were not equal to them. I watch their films again and again all the time as they stop me from 'going under'. I mean, these characters are not 'do gooders' or law abiding citizens, they are not stupid and so are generally distrusting of the law and authority but are nonetheless courageous, independent and cool characters, with an inspiring ethics in how they treat women, or how they deal with bad guys, and so on. I find them really inspiring and like I said, they have always been, and still are, really powerful formative forces in my life. I wrote a booklet on this once called '*The Hero Sagas*', comparing heroic movie characters with the hero myths of old. I published it on my social change site if you want to have a look (<https://social-change.org.uk/Zine/>).

Anyhow I took a pic of this image of Luke Skywalker just before I embarked on my mission to work with you as I found it inspiring and it helped me understand what I was attempting to do. It represents the mind with which I embarked on this mission, and I thought I would share it with you. Maybe you can get to know the real me a little bit Sharon, instead of this distorted and false image you have as a result of your abuse and domination and what it has done to your mind. You think your abuser needs help because he is a deranged rapist thug, but he has had an easy life compared to me, and I would never fall to his disgusting standards of behaviour, raping and terrorising women, especially someone like you, I find that really quite heinous and unforgiveable, and that is one of the reasons why I refuse to use his name, because to me he is not human, and I am not going to legitimise him as human by giving him a name, He is a monstrous and disgusting individual.

You were someone I always remember as being really gentle and peaceful and loving, someone I personally looked up to and considered a role model, and even today I still do, I still think to keep myself to a standard which I feel you would respect, as I always want you to look well on me. You are a force in my psyche just like the movie characters are, and in my psyche you play a role much like princess Leia in *Star Wars*. That's how I think of you, because that is the part of you that I loved, and the part of you that your abuser has repressed and debased and sought to destroy, because that princess was fighting him and winning, and she recognised me as an ally and someone she loved and admired, and the fascist nazi would not tolerate that, and so he sought to repress/kill/dominate her into submission. But she is still alive, and now she is coming out again, and this time she is the one who is going to kick that rapist thugs ass, and I am doing everything I can to help her.

At the end of last week's letter I mentioned about the 'minging sex'. I had finished writing the letter on the Monday but that night when I connected with you I got the sense of a lot of disturbing sex. So when I got to the library the next day to print the letter I added that extra 'PS' as I felt I ought to address it. But then after I had sent it I realised that it probably wasn't an appropriate thing for me to say as you are being dominated and terrorised and so are not able to exercise a free choice. In other words, you are being raped, and me talking like that really wasn't appropriate. To be fair, I got a lot of mixed signals when I connected, and it was only later that I realised this was the part of you conditioned by his abuse, and not acting under your own free will. So my mistake and I apologise if I offended you. Actually my main concern was that I hurt your feelings or made you feel bad, or made you feel like this was your fault. I feel pretty bad about that as that was not my intention, and it's not your fault. You didn't choose this, this is a real nasty individual who is using terror and menace to break your mind and rape you. So I guess I need to remind myself of that and not judge you for what happens when you are in that state.

I have sensed this week that your abuser is now upping the use of menace and has you in a state of fright again. I got clear images of you in the Seeds office being afraid due to the menacing threat he is generating. Remember that feelings are like entangled particles, they transit themselves over distances instantaneously, so that someone generating a menacing threat will still be felt by you even though you are miles away (though it is not always felt straight away, sometimes it can be at a later date for reasons I won't go into). He is seeking to cause you to have a breakdown Sharon, so that the part of you that is now growing and becoming aware of what a real nasty individual he is breaks down, literally breaks down and is replaced by a frightened and obedient version of you – a Stepford wife. The words I get from him are *'I'm gonna f**king kill her'*. This is the menacing energy he is generating, and I know you are aware of it, you feel it, you are scared and you don't know what to do.

You must reach out Sharon and get help. Talk to Rebecca or Anna. You have to take action otherwise he might succeed. I am doing my best here to protect you from this threat but I need you to take action too Sharon – I embarked on this with the view that you would yourself take action if I could get you to the point where you could see him for what he is. It was on that basis that I initiated this, so it's really important that you take action. Let me give you some suggestions.

- I have attached that list of domestic abuse services at the end of this letter again as one option is to contact them for advice.
- You need to get him out of your home, as this is a place of power for you and if he is in there then when he generates this murderous menace it will have a powerful effect on you. This is occult knowledge and I won't explain why, but suffice to say that if you can get him out of your home his ability to dominate you with menace and to frighten you into submission to him will be greatly diminished. This is an essential step.
- You need to find somewhere else to live Sharon, you need to realise that this part of your life is over now and you can't go back there anymore, you will not be safe. He has been at this for a long time and as a result he has incubated something evil and it is manifesting and he is degenerating and he will continue to rapidly degenerate until you barely recognise him anymore, because the evil malice he has been generating all these years is now literally eating him alive and changing him into the likeness of itself. What he has done to you and to me is pure evil, pure evil, and you cannot do things like that without it having the most grave consequences for your soul. That is why I gave him the advice to walk away in order to protect you, as that would have been a noble act and was the only way he could protect key parts of his own personality that might, and I emphasise might, enable him to turn things around over a period of years, but instead he went for you and attacked you - disgraceful, cowardly, and downright evil, and has continued in that vein and so has gotten

worse, so he is finished now. Nothing can stop him degenerating into a fully fledged fascist monster – this is what he has incubated all these years and now it is being birthed.

- So you need to consider your options as regards accommodation. In the short term stay on the couch of people who you trust, but make sure your abuser does not know and that they are people you trust not to tell him, It is absolutely essential you avoid him for your own safety. In the longer term look to secure a place at a refuge or shelter of some sort, or emergency accommodation, and start looking for a new place to live for the longer term.
- I have already suggested talking to Rebecca and/or Anna, but you may have other friends. You are going to need their help to protect yourself from breaking down under the strain of his murderous menace – you need this really badly. In the past you have broken down under the strain, but this time you are conscious of what is happening and that he is the one doing it to you, and so you can take steps to prevent a breakdown. I can also give you a lot more advice on how to protect yourself from his evil menacing vibes. I think talking to Rebecca or Anna would be good as they can also help make the Seeds office a safe space by ensuring he cannot go there, and they can escort you to and from the office to wherever it is you are staying. I think you will need to have company 24/7 Sharon in order to prevent a breakdown and to help get you through this safely, so that you emerge stronger and not a nervous wreck.
- There is a feminist network that Rebecca will know about in Lancaster that will help you, and can provide you with places to stay for several months. You need to tap into this.



- It's time to bring me into this Sharon You need me to support you and protect you, and you really need to bring me into this now. I am frightened for you and need to be involved. I need to come up and deal with him directly, or if that is too much for you I need to come up and sit with you to give you the reassurance you need so that you can feel safe and be able to make decisions free of the threat of this menace, and just to talk to you directly. I know you are frightened and don't want to involve me because you fear his reaction, but trust me, you need me involved as that is what is going to break his hold on you, and also for you to realise you are safe now. He can't touch you or menace you or make you do anything while I am there. You'll be safe then, and free to act, and I am in it with you all the way, so once I come up I will not leave your side until I know you are safe, even if that takes months. Once I am there to protect you and will stay by you what have you got to fear from him? He will not go anywhere near you when I am around Sharon, because he knows that if he dares to show his face to me I will beat him black and blue for what he has done

to you (and to me). I mean it, and he knows it, let him try and menace me and see what he'll get. He's no match for me. The minute I am involved Sharon this ends straight away. Game over. And I won't leave you alone, I will make sure you are protected 24/7 so you never have to worry. And I'm not after getting into bed with you, don't be daft, this isn't a game Sharon, this is serious, so please get real, I am here to help a friend that I love and care

about. We can figure out what to do and the way forward, but you really need to get me involved. I am skint, so either you come here (I have a spare room with a futon to sleep on) or you pay for me to come up, and then I will stay up until we decide what to do. I would not leave you while this is going on, like I said, I would stay by your side 24/7 for as long as it takes and he will not dare to come anywhere near you, and if he rings you I will answer your phone and speak to him myself, and if need be I will go round to your house and throw him out myself, and get all the locks changed (though I would not recommend you going back, this is just to secure the property). This is where you need to take action Sharon, either on your own or by getting me up. I will also be able to galvanise a lot of support in Lancaster and across Cumbria, so we will be able to do this, no probs.

I understand if you don't want to involve me, but I thought it important to emphasise that I am here if you need me and I have the time and energy to do so and I would be happy to do so.

Okay I will move on from there.

I went to a conference today held by the unions and called 'Countering the Far Right'. It was all about the rise of the far right in the UK, Europe and US and how to counter it. I don't listen at all to the mainstream media so I went along mainly to get an update on the situation in the UK so I can keep myself informed. Anyhow I attended three workshops and wrote down notes and did get a lot of useful information as to the far right in the UK, but most of the time I was thinking about you and your situation, and also the fact that generally most of my activism amounts to helping women overcome authoritarian and rapist men like I am with you, and that that has become my expertise and how I fight the far right, because rape and terror are classic tools of the far right and that is what women in domestic abuse situations, like yourself, face. So the conference gave me a whole different perspective on it that I found really useful. I mean, your home, your body and your mind are occupied by a fascist thug who wields terror and rape to control you (and other things that I have not talked about but will at some point).

A fascist party is distinct from, say, a right-wing political party that seeks to use the state apparatus to achieve its ends, in that a fascist party aims to also build a street fighting force of vicious thugs that can go further than the state and smash all the organised resistance against authoritarianism. They also wield terror over the rest of the population – the 'Black Wolf' instincts – and this has the effect of subduing the population and keeping them under control.

So it also struck me that your abuser is one of these, he is an agent of fascism who has positioned himself to abuse you and render you ineffective, and the wider movement you are part of, by, for example, forcing you to block me out of your life and the activist scene you are part of, thereby isolating me and preventing me from organising. Don't get me wrong, he is not conscious of this, and he is not a member, as far as I am aware, of a fascist party who gives him his orders, but fascism is first and foremost an instinctive force, and instincts operate unconsciously, below the radar of consciousness, and below that radar instincts talk and plan and work together. I see it, I pick it up, this is the unseen lunar world that I am able to see, and it is in this way that your abuser acts as an agent for UK fascism. These fascist instincts have always operated to keep me isolated and render me as ineffective as they can, something that has blighted my life but which I nonetheless take as a great honour, for it means I am effective at what I do and so I get targeted.

That you have been with a right-wing racist thug all these years, and that cannot happen without sympathising with those views. It's a betrayal and it upsets me. You need to make it a top priority to root out these racist sympathies and the racist thug.

Shadow Work

So I want to do some shadow work with you but I thought I would give you a heads up so that you can decide when you want to read it. Shadow work is always challenging so you just need to make sure you're in the right head space before reading it.

So let's start with your abuser using the Black Wolf on you and causing your mind to disassociate. Remember that dangerous males use this instinctively because they know that some women are vulnerable to it and get scared and then become docile. They do not however understand why, they just know that some women are vulnerable and can be controlled using this. I have explained to you that psychological projections, a concept from psychoanalysis (Freud, Jung etc), happen whenever anything in our consciousness gets repressed. Whatever is repressed will get 'projected' elsewhere. When the mind disassociates a whole personality gets repressed. In your case, the part of you that refused to submit to being dominated by him was repressed, and this is how your abuser maintained his control. So the part of you that is repressed was also the part that loved me, and that is one of the reasons why your abuser terrorised you. That love for me, and all the other traits that you saw in me, were then repressed along with part of your personality, and projected elsewhere. In your case onto your abuser, as he was the source of the repression.

Using the Black Wolf has a strong 'payoff' for indecent males with rape instincts after sex and fake love to make them feel better - something they need because their sense of self has broken down as a result of their appalling behaviour. Not only does the woman become easy to control, but the love and other traits the repressed part of her saw in other men are projected onto the abuser, turning him into the hero. This is only undone once someone comes into the picture who can stand up to the abuser and therefore break his reign of terror. I was unable to do that before because I did not recognise the abuse dynamic (it is very hard to spot). I did strongly suspect it, especially when you started having those mental health episodes, but you and your abuser were so convincing that I did not believe my own instincts, and also you both shut me out. But also I did not have the courage to speak out about my concerns, and I should have, but at the time I felt very strongly that I would be condemned by you, him, and everyone else for spreading 'false' rumours about your abuser, and I did not have the courage to stand up to that social stigma and the burden it brings. Eventually the burden of being shut out became too much, especially as I was going through severe mental health difficulties, and my relationship with you began to break down quite severely, as I felt really angry and hurt at being so let down and abused and that just built and built until I just broke. And then we stopped speaking altogether, and it was not until late last year that I felt that the bad blood between us had gone, and that is why I got in touch again, as I felt that there was an opportunity once more to address your domestic abuse situation, which by that time I no longer had any doubts about, and also no fear about the social stigma of being condemned as a liar or a troublemaker. (I mean, that is a very difficult stigma to take, being shut out completely and told you are a liar and a troublemaker and making up lies to break you up and being in a delusional state etc. Really nasty and vicious slander).

So that is how we got to where we are now. We first met in 2008, we became involved in activist organising and really hit it off with each other. Your abuser, who had almost certainly already used the Black Wolf on you to rape you and had you under his control, took exception and struck at you again and again over a period of years to again disassociate your mind further and to reign you in and stop you hanging out with me, as with me you would grow and become aware of his abuse and then I would find out and would act, so you became ever more under his control. As this happened his abuse of you became worse and worse, and you degraded more and more. By 2013 you rarely saw me at all, and by 2017 you had blanked me permanently out of your life. And now here we are, 2025.

After being disassociated the docile part of your mind left in conscious control became changed to fit into the mould your abuser wanted. So there is a part of you that took pride in having a dominating boyfriend. That is, that you felt that being dominated meant that he loved you, valued you, that this made you 'special'. A whole identity was formed around being dominated by your abuser, one that saw it as nice, friendly, and loving. Obviously that is insane, but then you had your mind disassociated by terror and you were no longer yourself, but a false self was in control, and this is one of the attributes of the false self, which in this context I refer to as the 'Stepford wife'.

The Stepford wife lives in a false reality created by the projections that arise from her disassociated mind. In this madhouse version of reality being dominated by her abuser becomes an act of love, and is felt as something that makes her special. Sounds crazy, right? Except you know that it is true because that is exactly how you felt. Also, the rape, control and abuse the Stepford wife gets from her abuser gets turned into sympathy for him because he has emotional problems and needs her support. Crazy, right? Except you know that it isn't, because that is exactly how you feel towards your abuser – that he has emotional problems and needs your support, poor thing.

Let me address that a moment: your abuser does not have emotional problems Sharon, he is a depraved rapist who uses terror and emotional and psychological manipulation to get his way with women. He is fundamentally disturbed and deranged, and he is not remotely interested in changing, becoming a better person, healing, or doing anything other than what he does. You have been stuck in that prison for nearly 20 years and after all that time your love and affection and attempts to heal him have had no effect whatsoever, and in fact he has got worse and worse, and that is because he is not interested in healing, that is just the mad world the Stepford wife lives in. It's a projection. I am interested in emotional healing, I have emotional difficulties that I need help with, not your abuser. I am the one that is sincere, not your abuser. I was the one betrayed and shut out and left to deal with the trauma of my life on my own, and I did just that, despite all the anger and hurt and pain and abuse heaped on me, I stayed true to my path and did my inner work, went through the healing I needed to do, and came out the other end. It is not your abuser that loves you and is sincere, but me. It is not your abuser you need to support, but me. It is not your abuser you need to do emotional work and healing with, but me (we have a lot of emotional work we need to do, and this is me doing some of it right now). And I can tell you this now, and it will sink in, because I have put in the work, despite the continued abuse, stigmatisation and stonewalling of me, to write to you to slowly and steadily to help you overcome the oppression and to provide the muscle and reassurance you need so that you know at an instinctive level you are safe to come out of hiding now. And that is what is happening, your repressed self is coming out of hiding, and she is bringing with her all these revelations that were previously repressed, and the projections that once clouded your mind are waning, and so I know you are now ripe to hear this, whereas before you would not have been. Now it all sinks in.

Another thing you did in your madness Sharon was to steal my life, and my livelihood, and my social circle. You not only lived a false self (the Stepford wife) in which your abuser was sincere and heroic and loved you so much etc etc, which was actually your feelings for me, but you also lived out a life with Seeds where you thought of yourself as an experienced veteran anarchist who can teach other people in workshops etc, you lived off that reputation, even though you are not an experienced or veteran anarchist with a lifetime of lived and embodied experience and hundreds of hours of deep reading, a long list of campaign wins and direct actions, years of experience in multiple different social movements etc, you are none of that, I am that, that is me, you have been living in my shoes and I have been brutally shoved out of the nest.

Cast your mind back to the COP at Copenhagen, and the coach trip there that I organised. I remember a conversation at a motorway service station on the way back when the van had broken down. I was giving an analysis of some of the tactics of the climate movement, I can't remember

the details, and I remember you saying that you wished you could give an analysis like that. Then afterwards you said maybe your role is to give love. Anyway I was taken aback as you seemed really jealous of me, but then afterwards you seemed to recognise your own talents, talents that I did not have, and seemed satisfied. But after your abuser terrorised you again Sharon it was your darker instincts that came to the fore, and rather than love me you became jealous and instead sought to push me out of the nest so you could live my life, and pretend, in your Seeds work that you were a veteran anarchist with years of valuable expertise. But you're not, and neither is Rebecca, but I am, and I am not saying you should leave Seeds, I am saying I should always have been part of Seeds and you should have learned from me. Rebecca shut me out because she too was jealous, and you both shut me out so that you could live my life and pretend that you were something you were not, rather than humble yourselves and learn from someone much more capable and experienced. Now you both need to make amends. The work Seeds does is not valuable work, it is mundane, but the work I do is, and all of you at Seeds need to take guidance from me and allow me to update you so that you can bring your work to a higher level and actually become a real force for change. You are like revitalised fossils using old techniques that are long ago rendered useless, but you just carry on recycling it again and again regardless. It's mindless, and it is just an excuse to get paid rather than people with a passion to help people achieve revolutionary anarchist change.

And all the while you lived the life of a veteran and experienced anarchist with valuable expertise, you were living under the domination of a right-wing Franco who routinely uses rape and terror as his tool of choice. You were devoted to the foulest of individuals, a truly disgusting parasite. I know you are not wholly to blame, but a part of you is, a part of you is, and you need to deal with this part of you. For example, you must have known over the years that he is quite a severe racist. It is not possible for you not to have known, and as a result you yourself have become sympathetic to these views otherwise you would not have tolerated it. This is something you need to address. Again, I do not wholly blame you as you were in a terrified state and living under the shadow of a right-wing monster, but nonetheless part of you does share the blame, and you need to cleanse this part of you out of your system. So I am telling you this so you can start thinking about this and engaging with that process. To help matters along, I have attached to this letter an article I wrote for a feminist zine I self published some years back and that has some relevance.

I underlined a sentence at the start of my letter so that I could quote it again here:

the people around me were bad people and hated us and targeted us because we were immigrants and mixed race,

I grew up surrounded by racists. They would attack our house and my father had to buy guns that fired pellets and darts. It was not safe for me to walk the streets as gangs would run at me to beat me up and terrorise me. People would come out of their homes and throw eggs at me as I walked by. I have never, ever known a life free from terror, threat, menace, violence. Never, not once, and still live with it every day - EVERY SINGLE DAY. When I was in court at aged 14 for burglary the screws took me and my co-defendant (a black guy) out of our cells before sentencing and terrorised us, hurled racist insults, threatened to beat us up, and told us they had arranged for a proper racist judge to be in court so he would lock us up for years. We got ridiculously long prison sentences as a result (4 and 5 years each), and I never got any parole. About 50% of the teenagers in juvenile detention are ethnic despite being responsible for only a tiny fraction of teenage crime. I have suffered severely from racists, those who hate muslims and 'paki's'. Still to this day the insults ring in my ears and the abuse has scarred me deeply. It deeply hurts and upsets me that you share these views, but I am aware it is not wholly your fault, but it is time Sharon to pull yourself together and reclaim your humanity before your abuser turns you into a fascist as well. Educate yourself, fight it, and fight him, and shrug off this parasite and the disgusting way of life he and all the other racist,

rapist fascist thugs embody. Everywhere they go they spread pain and hurt and cause misery to people, and your abuser is no different. He has destroyed many peoples lives, and I am just one of them.

And as a final note, 200,000 Ukrainian immigrants were welcomed with open arms by the UK populace, people opened their homes and took them in, and raised money and donated food. But not for all the people from Syria, Iraq, Iran, Afghanistan, and so on, fleeing western cased wars. For them there has been nothing at all other than hate, and you are part of that Sharon.



Just a tiny fraction of the children killed by western racial hate, with them and their families denied refuge by racist UK plc.

End of Shadow Work

Okay that is the end of the shadow work, you can breathe a sigh of relief, but I hope you continue to digest it and work with it and think on it, so that you can complete the process. All I am doing is starting it for you, holding up a mirror on parts of yourself you do not see, so that you can root them out, and as you do so, you will grow and become stronger, more mature, and you will start to become a real veteran anarchist with valuable expertise and experience rather than a fake one. That will happen with me Sharon, and only with me. I am your companion and guide in this life when it comes to spiritual matters and activism, it's me you learn and grow from, not anyone else. That is why you have remained stunted and ineffective, whereas I have not – I have gone from strength to strength despite the appalling poverty of my situation and the hardship and suffering I am forced to endure.

Love and solidarity,

Sonny x

PS This is a screenshot I took of my letter of 2nd January 2025 wherein I mentioned the support services, which are a bit sparse in Cumbria:

something about it. There are drop in services that you can access to get advice, and I strongly recommend that you do so. I did a quick internet search and I wasn't impressed with what is available in Cumbria but the two organisations that stood out were the following, whom I suggest you get in touch with to get advice about your options:

<https://www.safetynetuk.org/> I think this was the best one to contact for advice.

<https://gateway4women.com/> They have centres in Carlisle and Workington, and run free courses (see Freedom programme below) and they can probably offer suggestions for immediate support and advice if you contact them.



My details in case you need them: muhsanahmedkhan@gmail.com, 5 St Matthews Court, Tontine St, Swansea SA1 1NA, 07864 590330.

PS I have been picking up vibes that suggest you may have split with your abuser. It's not that clear at the moment but some kind of split has happened, might be just emotional/psychological, not sure. That would explain why he is generating such strong murderous vibes towards you. He also generates it towards me, ever since I sent those two letters, I will tell you all about it someday as I have had my own battle dealing with his nasty murderous vibes.

One other thing I will add is that I have never ever picked up any regret from him, not one single speck. He is a genuine 100% nasty piece of work.

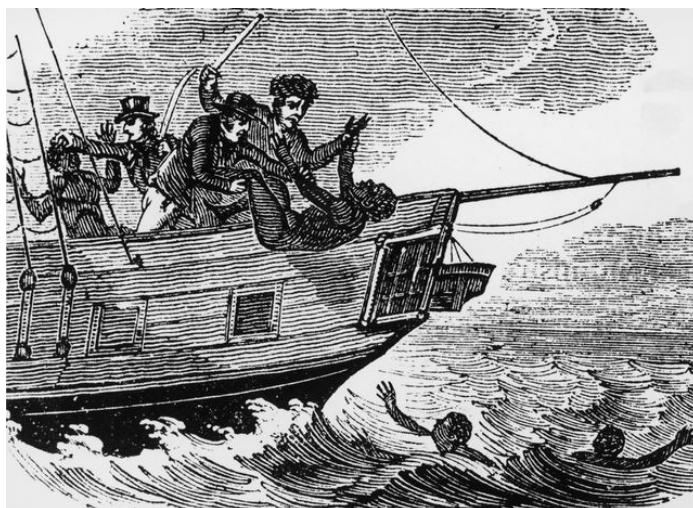
So this is an essay from my zine *Perspectives #3: Feminism* which you can find at <https://social-change.org.uk/Zine/>. I thought it would help you in your shadow work and your recovery from the hardened attitudes that the abuse your abuser inflicted on you has caused. In all likelihood you project his foul qualities onto immigrants or muslims, when in fact he is the one who demeans, abuses, dominates and rapes women.

Colonising Womanhood

The west is appallingly prejudiced towards other cultures, and today, and for many centuries now, has considered itself the greatest and most advanced culture in the world. All other cultures in the world are beneath it, being as they are inferior in every sense of the word. The west has superior art, superior sciences, superior morality, superior armaments, superior facial features, superior poetry, superior laws, superior music, superior technology, and so on. The levels of cultural arrogance you are exposed to in the west are simply stupendous, all the more so because the west considers itself liberal, and tolerant, and that it is accepting of other cultures, and not at all racist. Anyone who is not western however, and especially if they are of non-white ethnicity, will know different. They will have been subjected to a lifetime of propaganda that says that their people, their race, their culture, are backwards, primitive, that their culture is junk, and their lives worthless compared to western peoples lives. That propaganda is in the media, in the history books, in western foreign and economic policy, and in the attitudes and behaviours of everyday white western people.

Of course, that cultural arrogance, prejudice, racism, imperialism, ignorance of other cultures, also extends to western feminism, where it goes without saying that the feminine ideals that western feminists (i.e. white women) hold up to the world represent the most superior form of womanhood that has ever existed, so much so, that it is absolutely paramount that they be forced upon every other culture in the world, and if those cultures do not accept them, then they are backwards primitives, patriarchal savages, and their women are clearly oppressed slaves who know nothing of real femininity. And yes, I know you will never catch any feminist saying this, and I know that you will never be able to quote a single feminist that openly supports these views, yet these attitudes are nonetheless intricately woven within the writings and attitudes of western feminists, though they are never made explicit. And yes, I know that you will be able to quote countless feminists who will deny this and claim that they aren't racists, or cultural supremists, but that, quite frankly, is total bullshit. I know because I am sick and tired of experiencing it and having my voice silenced by culturally ignorant women who just want to get on a pedestal and live out the fantasy that they are a suffragette fighting oppression, and not an imperialist, arrogant westerner subjugating other cultures under the banner of western feminist liberalism.

Perhaps the most insidious form this takes today is islamophobia, and the constant degrading and slighting of islamic cultures, whereby islamic countries are deemed to be these horrible oppressive regimes that exist only to oppress women, and islam is painted as a religion that is simply toxic to women. I call it insidious because it is nothing other than the repeating of anti-islamic propaganda that has been internalised from the western media. White feminists are often cultural racists, and especially so towards islamic cultures, for no reason other than they read too many newspapers and expose themselves to too much western media, and have formed their opinions about islamic cultures from that, and that alone. I mean, it's not like feminists have studied islamic cultures, or visited them and stayed there, learning the language, befriending the peoples, and so on. They have done no such thing, they have simply imbibed the ignorant and degrading views of the western media and formed their opinions thusly.



The attitude of western feminism to the womanhood of other cultures mirrors the worst aspects of western imperialism.

I called a feminist friend out on this a few months ago, before I stopped speaking to her because I realised that despite being a feminist and a fellow member of Extinction Rebellion, she was a racist and deeply prejudiced against islamic countries, and wasn't at all interested in being anything else. She spoke out against the treatment of women in islamic countries. I asked her which islamic countries, but she couldn't reply, though she did mention an execution by the Taliban of a woman that had been widely reported in the west, and which had certainly occurred, and which was totally appalling. But the Taliban are an extremist group, I said, who were created out of decades of invasion by foreign powers, such as the Soviet Union or the United States and Britain. Prior to foreign imperialist aggression, Afghanistan was a secular country, women had the right to vote and access to education, and the 1960/70s hippies from the west who travelled to India travelled throughout Afghanistan on their way there, in large numbers, without any fear of attack, the women wearing whatever they wanted, because the Afghans are a tolerant people (and also wise to good business). The Afghanistan prior to the horrific wars of the Soviet Union, United States & Britain – wars which killed millions of people and has left the country utterly devastated - was not recognisable to the Afghanistan of today. So who is to blame for the extremism that exists today – islamic cultures, or the cultures of empire, such as the west? And besides, what about all the afghani women and children killed by NATO, where are their voices in all this? Why are the taliban painted as mad women-hating extremists, while the NATO countries - including the western feminists who pay their taxes to fund these NATO military regimes - are billed as upholders of the rights of women? Are you kidding me? Is this some kind of sick joke?

I carried on. I asked her what she knew about the cultures of islamic countries. Has she studied any of them, read about them, visited them? Does she have friends from those countries, has she spoken to women from those countries and asked them about their experience? Has she listened to their ideas on what womanhood means, and the rights and responsibilities of womanhood, and compared and contrasted them with western ideas? In other words, where has your opinion on islamic countries and the treatment of women come from? I got no reply, because it was obvious to her and to me that her opinion came verbatim from the western media, a media who operate on behalf of countries who over the last few centuries have waged unceasing warfare on islamic countries, interfering in their domestic affairs, arming extremist groups, fomenting strife, installing puppet governments, funding domestic terrorism, militarily invading and taking over, stealing and plundering their natural wealth and resources, keeping them poor and oppressed, and generally acting as complete savages.

Is it possible, I ask myself, for western feminists to acknowledge this, and to realise that a significant amount of wealth that they now enjoy has been plundered from islamic countries, and that a significant amount of extremism in islamic countries has been fomented by a machiavellian west? Is it possible for western feminists to acknowledge that they are in fact completely ignorant of islam, and islamic countries, and don't actually know anything about them except for the hatred and racism that is repeated every single day in the media? Is it possible to consider that the values, ideals, taboos and laws around femininity and womanhood that islamic and other cultures hold may actually be superior to what white western feminists think? Is it possible to consider what would happen if the islamic countries poured billions of pounds every year into funding extremist groups in the west, and also armed them. Women hating groups, far right groups, religious fundamentalist groups, and so on. And what if, as well as this, the islamic countries funded destabilising political parties and factions, and also staged terrorist attacks and false flag events, or bombed western countries savagely. What would happen, do you think, to these countries? Would they be bastions of womens rights, or any other rights, or would they experience a devastating social collapse and the flourishing of extremism and war lords?

A feminism that grounds itself in this kind of analysis is a feminism that I can respect, because that would be a feminism that has really done its deep, inner work, and actually rooted out and dealt with its own prejudiced views and oppressive behaviours, and not just pointed the finger at other people and other cultures, as though they are backwards and primitive because they have not adopted the ideals of western feminists. It is a feminism that takes seriously the cultural values and ideals of femininity and womanhood espoused by the women of other cultures, and gives them equal footing with their own views, and thus allows for a real conversation to take place, and isn't just another form of cultural supremism and colonisation of the amazing traditions of other cultures, cultures that have sustained themselves for thousands of years, and in which men and women have lived happily in a much better state of mental and physical health than western cultures.

And this is not just about islam, islam is just a really good example as it is so blatantly prejudiced against today. Let's talk about, for example, tribal peoples, or indigenous peoples, who are also targeted and labelled by western feminists as 'patriarchal' and thus oppressive to women. In fact, not just these cultures, *but pretty much every single culture that has ever existed on the planet*, apparently, fails to meet the superior

standards of western feminists, who are clearly in possession of some kind of superior, highly advanced morality or ethics, from which every other culture on the planet is judged.

Really? Is it really credible to listen to members of the most barbaric and oppressive societies on the planet demean other cultures who live intimately with the land and within their own bodies, and claim that they are 'oppressive'? Could it not be the case, rather, that western feminists are the ones that are oppressive, that western feminists are the ones that are the problem in the world, being as they are the inheritors of white western imperialism, of cultures who have committed global ecocide and global economic and military subjugation of other countries? *Have western feminists addressed this within their own ranks?* Have they ensured that they are no longer part of the global ecocide, that they are no longer cultural supremists, that they are no longer sexists? The short answer is no, they have not. Western feminists live and enact exactly the same kind of destructive lifestyle that they blame the 'patriarchy' for, and from this basis, a toxic basis, they hold that all other cultures are oppressive and patriarchal. How can such people make any claims about tribal and indigenous cultures, or any other culture, who, compared to them, are perfectly innocent peoples living in a sustainable and far more egalitarian way?

I submit that western feminism has no basis upon which to make any claims about sexism in regard to any other culture, and that its attempts to do so are largely (but not exclusively) expressions of ignorance and cultural supremacy, coming as it does from people who live out the most oppressive and ecocidal lifestyles in human history. Western feminism is, in short, another form of colonialism, in this case, colonising how women around the world ought to express and enact their femininity, their womanhood. I submit that real feminism is a feminism that seeks to learn about the femininity and womanhood of other cultures, to learn about the experiences of the women of other cultures, to realise that the west, culturally speaking, isn't advanced, but actually quite backwards, extremely arrogant, very racist, aggressive, and domineering, and that those qualities apply equally to its men as to its women, whether they be feminists or patriarchs. I wonder if western feminism will ever embrace such a position, I mean actually embody it, not just pay lipservice to it and then carry on making racist and supremacist claims? That would be a feminism I would love to see.